



NATIONAL CENTERS OF
EXCELLENCE
IN WOMEN'S HEALTH

Nutrition, Weight, and Physical Activity Programs

September 2001

OFFICE ON WOMEN'S HEALTH
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

The National Centers of Excellence in Women's Health (CoEs) were established in 1996 by the Public Health Service's Office on Women's Health within the U.S. Department of Health and Human Services. Their mandate is to establish and evaluate a new model health care system that unites women's health research, medical training, clinical care, public health education, community outreach, and the promotion of women in academic medicine. Their goal is to improve the health status of diverse women across the life span.

Nutritional factors are associated with 4 of the 10 leading causes of death: coronary heart disease (CHD), some types of cancer, stroke, and type 2 diabetes. These health conditions are estimated to cost society over \$200 billion each year in medical expenses and lost productivity. Overconsumption of food and too little physical activity can lead to overweight and obesity. About one half of the women in the U.S. are overweight and one quarter are obese¹. Higher body weights increase the risk of morbidity and mortality, as well as social stigmatization and discrimination.² More than 60 percent of adults do not achieve the recommended amounts of regular physical activity. In fact 25 percent of all adults are not active at all. And women are less likely than men to engage in moderate or vigorous physical activity.³

Healthy People 2010, the U.S. Surgeon General's set of National health objectives for the first decade of the new century has established 10 Leading Health Indicators (LHI) or high priority areas to serve as a focal point to coordinate national health improvement efforts. The two top LHIs are physical activity and overweight and obesity. And in 2000, the Surgeon General launched an effort to

develop a National Action Plan for reducing the prevalence of overweight and obesity in the United States.⁴

This pamphlet highlights some of the innovative activities and programs for women addressing these interrelated topics at the CoEs.

¹. ***Healthy People 2010***, Department of Health and Human Services, 1999.

². ***The Practical Guide: Identification, Evaluation and Treatment of Overweight and Obesity in Adults***, National Heart, Lung, and Blood Institute and the North American Association for the Study of Obesity, 2000.

³. ***Physical Activity and Health: A Report of the Surgeon General***, Department of Health and Human Services, 1996.

⁴. ***Surgeon General Launches Effort to Develop Action Plan to Combat Overweight, Obesity***, HHS News, US Department of Health and Human Services, 2000.

Clinical Services

◆ Boston University CoE

The Women's Health Group, the chief clinical center of the CoE, has expanded collaborations with multiple subspecialties including nutrition.

Patients from the BU CoE Women's Health Group receive comprehensive and coordinated care services at the Boston Medical Center. For preventive medicine, a variety of strategies are offered to help promote good health through nutrition counseling, exercise recommendations and health education programs. Patients are referred to the Nutrition and Weight Management Center, which offers state of the art diagnostic and treatment services for the entire spectrum of nutritional disorders. The consolidated service model, unique to the Boston area, provides a patient oriented approach to a centralized, convenient location under one expert team. The center staff provides inpatient and ambulatory consultation to primary care physicians and their patients. A full array of diagnostic and treatment services are offered for the range of nutritional disorders, such as diabetes mellitus, anorexia nervosa, bulimia, obesity, gastrointestinal disorders, lipid disorders, and malnutrition.

◆ University of California, San Francisco CoE

The UCSF Comprehensive Perinatal Services Program, a Medical program for economically disadvantaged pregnant women, includes a nutritional evaluation and on-going consultation based on the belief that pregnancy and birth outcomes improve when routine obstetric care is enhanced with specific nutrition, health education, and psychosocial services. The Program is affiliated with the CoE.

The CoE's specialty program, the Carol Franc Breast Care Center at the UCSF Cancer Center is specifically designed to meet the needs of patients with breast problems, breast cancer, or general concerns about breast health. The multidisciplinary team of practitioners includes nutritionists. The Center's High Risk Program provides each patient with a thorough risk profile including nutrition factors as well as various clinical trials involving nutrition.

The CoE's Women's and Children's Specialty HIV Program provides care through a multidisciplinary staff of providers. Nutritionists are integral members of the care-giving team, providing nutrition counseling to 150 women living with HIV and their children (80).

The UCSF/Mount Zion Young Women's Program, affiliated with the CoE, offers OB-GYN care and MediCal registration to women up to 21 years of age. Nutrition services are included in the program.

◆ Harvard Medical School CoE

Nutrition services are included in the Harvard Medical School (HMS) CoE's one-stop shopping model of clinical care. Nutrition counseling is also included in the clinical services provided at the Gillette Centers for Women's Cancers at the Brigham and Women's Hospital (BWH), and Massachusetts General Hospital (MGH).

The HMS CoE hospitals offer women-centered cardiology care that links the latest and most relevant clinical information and research regarding women and cardiovascular disease to the care of women patients. Among the services provided are interdisciplinary approaches incorporating exercise, stress

management, relaxation response, nutrition and other risk-reduction programs.

The HMS CoE hospitals are committed to meeting the nutritional needs of women throughout the life cycle. The clinical nutrition staff is dedicated to providing the highest quality patient and family focused nutritional care for pregnant women, diabetics, cancer patients, those with heart disease, those with eating disorders, and those struggling with obesity. Registered dietitians are fully integrated members of in-patient health care teams. Ambulatory nutrition consultation services provide medical nutrition therapy to patients and their families. Physicians throughout Beth Israel Deaconess Medical Center (BIDMC), BWH, Dana-Farber Cancer Institute, Joslin Diabetes Center and MGH, including all of its satellites, as well as physicians in private practice in the community, can refer patients to nutrition services. Both individual consultations and group programs are available.

◆ University of Illinois at Chicago CoE

The Clinical Services available within the Center for Women's Health include nutrition services.

◆ Indiana University School of Medicine CoE

The CoE clinical care center has expanded to include a comprehensive weight management program. The Office of Women's Health at the Indiana State Department of Health and Wishard Health Services are working together to fund this program targeted to low-income women, and some men. Groups of 16 are supervised by a physician (general internist), a behavioral specialist, a registered dietitian, an exercise physiologist, and a surgeon in cases where bariatric surgery is

warranted and desired. Patients learn the importance of lowering the risk of co-morbid conditions commonly associated with overweight/obesity, such as diabetes, hypertension, hyperlipidemia, sleep apnea, joint pain, and depression. Tools such as hand weights, food diaries, exercise bands, and a support group help patients get started and stay on track. Currently the program serves residents of Indianapolis/Marion County; with plans to expand the program statewide.

◆ Magee-Womens Hospital CoE

The Magee-Womens Hospital CoE opened the Bariatrics Program in July 2001 due to high interest in the treatment of the morbidly obese. Minimally Invasive Surgery (MIS) for obesity is an expansion of services for MWH. Dr. Giselle Hamad who has completed a fellowship at University of Pittsburgh Medical Center will develop this new program.

The Magee-Womens Hospital CoE nutritional services include individual counseling by appointment at the Womancare Centers and on site. High-risk obstetric patients (i.e., mother's experiencing multiples) receive counseling routinely. Nutritional and Exercise Assessment and counseling are part of both the menopause counseling program and the heart check program.

◆ University of Michigan Health System CoE

The Women's Cardiovascular Risk Reduction Program offered through University of Michigan Health System Preventive Cardiology Program provides services for women associated with heart disease diagnosis, consultation and treatment, treatment of high cholesterol and high blood pressure, pre-operative consultation, and echocardiography. Programs focusing on nutrition and health, i.e., nutrition assessment and counseling,

weight management, cooking classes, sports nutrition, exercise classes, smoking cessation classes and stress management classes are also available throughout the year.

Nutrition counseling services are available to patients at the UM CoE. The staff of registered dietitians counsel on ways to meet individual nutritional needs. Services provided include education and counseling about healthy eating, preventive nutrition and lifestyle choices, and medical nutrition therapy (dietary intervention to help with heart disease, high blood lipids, high blood pressure, diabetes, weight management and various others).

Trained oncology nutrition specialists and cancer center dietitians are available to assist cancer patients with nutrition management. The program offers services in the areas of managing eating problems (nausea or simple lack of appetite), improving nutrition with easy to follow tips, helping patients to determine whether or not “alternative” supplements are right for them, assisting patients with meal planning, and providing information on how nutrition helps prevent cancer.

The Multiples Program, an adjunct to regular prenatal care provided at the UM CoE, includes patient education, nutrition counseling and individualized weight gain goals, periodic assessments of maternal nutritional status and fetal growth. Since its inception in 1996, 230 women pregnant with multiples have participated in the program, averaging 6-8 visits. Each year the results of the program are presented at the annual meeting of the Society for Maternal Fetal Medicine. The most recent results include reductions in early preterm births, preterm premature rupture of membranes, preterm labor, and preeclampsia. Program infants were less likely to require mechanical ventilation, blood transfusions, or phototherapy. Program participation

resulted in longer gestation, higher birthweight, shorter hospitalization, and lower birth costs. Since 1999 the Multiples Program has also included a pediatric follow-up, open to all multiples born at the University of Michigan Health System. Currently, approximately 300 assessments have been completed on children of multiple pregnancies. This follow-up program, which is funded by the Gerber Foundation, is unique in the United States in that long-term effects of prenatal interventions on growth and development during infancy and early childhood are being evaluated. Funding is being sought to expand the program from the present schedule of assessments at 8-months, 18-months, and three years to include an additional assessment at five years of age, as part of school-readiness.

◆ University of Pennsylvania CoE

Core primary care clinical services at Penn Health for Women, the CoE clinical care center, includes nutrition and weight loss. A part time nutritionist is available to patients. Patient education materials on weight management are available from providers. The program includes “The Right Weigh.” Nutrition counseling for all ages is provided, as well as specific programs in weight reduction, diabetes, cholesterol control, and adolescent nutrition. The program develops personalized meal plans, follow-up support, including a weight-management group program. The program includes ten weekly classes taught by a registered dietitian and social worker from the University of Pennsylvania. Class topics include: hunger awareness, understanding nutrition, healthy relationships with food, determining satisfaction, cooking and shopping tips, overcoming resistance to physical activity, self-awareness, and time/stress management. A Resource Room is also available in the clinic and presents monthly educational themes including: healthy holiday food, weight management, nutrition and food fads.

The Rena Rowen Breast Health Center also provides nutrition services.

The CoE under the leadership of Dr. Annie Steinberg, has developed the Deaf Women's Health Network to empower and support Deaf women nationally in the dissemination of information to other Deaf women. Among their many activities, the network writes brief articles regarding women's health issues, including nutrition, in the national bi-monthly published ***Deaf Women United*** newsletter.

The Hatha Yoga Program for the mind, body, and spirit continues to be a very popular addition to Penn Health for Women. The course runs for 8-weeks. For the past 2 years, enrollment has been filled to capacity for every session. This year 2 yoga programs are being run simultaneously, beginner to continuing.

The Weight and Eating Disorders Program, affiliated with Penn Health for Women, was founded by Albert J. Stunkard, M.D., over 35 years ago to better understand the causes of weight and weight-related disorders. Dr. Stunkard, an internationally renowned scholar, directed the program's research efforts (formerly the Obesity Research Group) and remains an active and integral member of the group today. Under the current director, Thomas A. Wadden, Ph.D., program has begun to offer professional services to the general public rather than only to participants in research studies. The program offers a wide variety of group and individual programs tailored to each individual's needs, all of which emphasize reasonable changes in both weight and behavior.

Group Programs—PENNSTART is a 20-week program where participants meet weekly for one hour in groups of 6 to 10

persons led by a registered dietitian with extensive experience in weight control. Several times throughout the program, a psychologist and exercise physiologist lead discussions on selected topics. The group meetings focus on developing skills for short- and long-term weight control. These are not psychotherapy groups. Instead, they provide support, education, and problem-solving skills relevant to weight control. Once the group begins, no new members are added. This is to ensure a small working group in which consistent follow-up can be provided from week to week. Groups are offered in the early morning, early afternoon, and evenings.

Individual Programs—PENNSTART is also offered on an individual basis. The program consists of 30-minute weekly meetings for 20 weeks. Individual sessions allow more flexible scheduling and individual attention.

Compulsive Overeating Program—Both group and individual treatment is available for compulsive overeaters. During the first half of the program, the causes and management of uncontrolled eating are addressed which do not focus on weight loss. Once overeating is better understood and controlled, participants are instructed in reasonable weight control practices. This program is led by a psychologist and meets weekly for 26 weeks.

Long-Term Weight Control—Towards the completion of an initial program, participants meet individually with a professional to discuss plans for ongoing weight control. Most people choose to attend an ongoing group that meets every other week. This decreases dependence on the group structure and challenges participants to devise monitoring strategies on the “off weeks”. During this second phase, participants develop specific strategies to reverse small weight gains as they occur, as well as follow-up

plans if weight loss is not reversed. Many people in the program continue to lose weight while addressing the skills for long-term weight management. These groups are on-going, so participants can return to their group when they need to.

A variety of individual services are provided on an “as needed” basis. These include exercise assessments, nutritional counseling, psychological counseling, personal exercise training, assessments of body composition (the amount of muscle and fat) and resting metabolic rate (the number of calories needed to lose or maintain weight).

◆ University of Puerto Rico CoE

Clinical services offered by the CoE Women’s Health Clinic include nutrition services. The patient’s first appointment includes completion of a screening form, evaluation by the clinic coordinator and a comprehensive evaluation by the primary care physician. If necessary or requested, the patient’s primary care physician refers her to the CoE nutritionist for initial consultation, evaluation and recommendations. As most health insurance programs do not cover nutritional services, initial consultation is free of charge.

During recruitment time for a permanent nutritionist, the CoE collaborated with the Nutrition and Dietetics Internship Program of the College of Health Related Professions to provide nutrition services.

A certified diabetes educator and a nutritionist conducted a Diabetes Mellitus Education Clinic at the CoE clinic. The clinic was held in collaboration with the Medical School Campus School of Nursing, the Eli-Lilly Pharmaceutical, and the College of Health Related Professions’ Nutrition and Dietetic Internship Program.

◆ Tulane and Xavier Universities CoE (TUXCOE)

A number of TUXCOE programs are available to assist and treat women diagnosed with obesity. Obesity is a common problem for women across the South, and particularly in the greater New Orleans area with its focus on food. Nutrition education and evaluation is available daily at the CoE's Total Women Health Care Center at TUHC. Trained nutritionists are available to advise patients about healthy eating and exercise. For patients with severe obesity, a new obesity management clinic has been established in the Endocrine Clinic and Total Woman Health Care Center. Dr. Vivian Fonseca is the medical director and Erin McNeil, L.D., R.D.E, serves as the nutritionist for this program. The obesity management clinic meets every Thursday afternoon on the 4th floor of TUHC adjacent to the CoE Clinic. Additional resources for weight management include behavior modification therapy, available at Tulane's DePaul Mental Health Center, and exercise counseling through the Reilly Center at the Uptown campus.

Mental health programs utilize a multidisciplinary approach to treatment with the help of nurses, physicians, clinical social workers, psychologists, nutritionists and creative arts therapists.

TUXCOE is reviewing and implementing relevant clinical care guidelines that are appropriate for the optimal care of women throughout their lives. These include screening and treatment guidelines on a variety of diseases including obesity. Guidelines from a variety of national and international organizations are used. TUXCOE patients and clinicians, as well as regional health providers, are educated on the appropriate use of these guidelines for disease prevention and treatment in women. An Internal Clinical Advisory Committee was established to carry out the

design and implementation of these clinical care guidelines as well as to provide oversight and direction to the Clinical Core.

◆ Wake Forest University CoE

The Women's Health Center of Excellence (WHCOE) is collaborating with the Family Medicine Weight Management Program to offer their comprehensive program of clinical assessment, healthy eating, physical activity and lifestyle changes, to more women in the community. Clinicians are encouraged to refer their patients to the Weight Management Program for their weight management needs.

The WHCOE has expanded referral collaborations with multiple subspecialties including nutrition.

The WHCOE, in cooperation with ActionHealth, offers Breastfeeding Classes taught by certified lactation consultants. The classes are held in the WHCOE's Resource Center and are held during the lunch hour and in the evenings. Participants receive a book, "Breastfeeding: A Parent's Guide," and refreshments for a \$25 fee. All participants with perfect attendance are entered into a drawing for a free breastfeeding adapter kit, donated by the WHCOE.

◆ University of Washington CoE

The main clinical site at the University of Washington Medical Center—Roosevelt Health Care Center provides nutrition services for both patient and provider education.

At the Harborview Medical Center Women's Clinic, the Special Supplemental Food Program for Women, Infants, and Children (WIC) as well as nutrition services are provided on site. Nutrition education classes in Spanish, Vietnamese and Somali

are also offered. The interdisciplinary providers of University of Washington Infant Care Center work closely with the local public health program in providing intervention for high risk pregnancy and include nutritionists.

Among the U of Washington CoE's 10 Leading Health Indicator Clinical Benchmarks are:

- Overweight and Obesity
 - Reduce the proportion of children and adolescents who are overweight or obese (aged 6-19 years)
 - Reduce the proportion of adults who are obese.
- Physical Activity
 - Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days/week for 20 minutes/occasion (grades 9-12).
 - Increase the proportion of adults who engage regularly, preferable daily, in moderate physical activity for at least 30 minutes/day.

The International Community Health Services (ICHS) is a community-based clinic that has a twenty-year history of providing culturally and linguistically accessible services to low-income and non-English speaking Asian Pacific residents of Seattle and King County. The ICHS uses Western medicine techniques, interwoven with the Eastern approach to health, which relies heavily on nutrition and lifestyle modifications.

◆ University of Wisconsin, Madison CoE

To improve clinical care of the uninsured or underinsured and ethnically diverse patients, nutrition services are included. The

Clinical Nutrition Clinic is directed by one of the CoE faculty affiliates. This clinic provides nutritional care to patients, provides a resource for research studies in clinical nutrition, and provides a setting for educational activities for fellows, house staff, and a variety of students interested in a health related career. All types of clinical nutrition problems will be seen in the Clinical Nutrition Clinic including obesity, nutrition support consults and follow up, and various types of malnutrition problems. The Clinical Nutrition Clinic provides an Obesity Program designed for long term treatment of obesity. The program includes the following components:

1. History and Physical
2. Education about the cause and medical aspects of obesity
3. Nutrition and diet education
4. Education about exercise and increased activity during daily living
5. Behavior modification of lifestyle, eating, and exercise habits
6. Drug Therapy for obesity (selected patients)
7. Research studies on obesity drugs (selected patients)

A partial list of special tests available through the clinic includes:

1. Indirect calorimetry
2. Exercise tolerance test
3. Body composition analysis

Professional Education

◆ Boston University CoE

The Boston University Women's Health Clinical Training Institute, run by the CoE, has continued providing low-cost continuing medical education programs to women's health

providers. The training programs are all within the spectrum of women's health issues, including breast and cervical cancer screening, contraceptive issues, menopause, cardiovascular disease, lifestyle modification in nutrition, exercise, and diabetes. Since 1997, the Training Institute has held 104 programs, training 4,500 providers in the last 4 years.

The BU CoE works in collaboration with Caroline Apovian, MD, FACN, Co-Director of the Boston area C.O.R.E. (Centers for Obesity Research and Education), an organization designed to educate healthcare professionals about weight management and the treatment of obesity.

◆ University of California, Los Angeles CoE

Under the auspices of the CoE, a weekly CME case conference brings together general internists, geriatricians, obstetricians-gynecologists and psychiatrists for discussion of specific patient cases as well as general topics relating to clinical care. The conferences also include participation by trainees at the student, resident, and fellow level. In the future the conferences will be videotaped and made available to physicians at outside clinics through the CoE web site. Past topics included: Weight Gain Throughout a Woman's Life and Obesity Pills and Women's Health (Internet Update). The Yearly UCLA National CoE CME Conference included the topic: "Diet Pills: Life After Fen/Phen."

The Dean's Task Force for the New UCLA Curriculum for years one and two presented to the UCLA Medical Education Committee includes a strong component on women's health and sex and gender differences. "Metabolism, Nutrition, and Reproduction" was endorsed by the committee. This new course will be put in place in the context of an entire new curriculum, slated to begin in mid-year 2002.

◆ University of California, San Francisco CoE

The UCSF CoE developed a list of core women's health knowledge competencies that constitutes the framework for both evaluating and integrating women's health with the UCSF medical school curriculum. One of the core competencies is nutrition.

Concurrent with the CoE evaluation of the women's health curriculum, UCSF began a thorough evaluation of the entire four years of courses and clerkships and has redesigned its medical school curriculum. The Essential Core will replace the current curriculum in the first two years of medical school in September 2001. Courses will be taught in interdisciplinary blocks of approximately eight weeks each, organized by systems and themes. One of the course blocks will be Metabolism and Nutrition.

The UCSF Advanced Practice Perinatal Nursing Curriculum includes nutrition for those students who have individual interests and career goals in the field.

To improve learning in non-gynecologic aspects of women's health, ob-gyn residents participate in a coordinated multidisciplinary yearlong lecture on a series of primary care topics, including Obesity in Women.

◆ Harvard Medical School CoE

The undergraduate curriculum teaches important health issues as longitudinal themes incorporated throughout the 4-years. In 1992-93, nutrition was integrated as a curricular theme. The HMS CoE is reviewing the HMS curriculum to ensure that issues relevant to women are included. This review has identified

important opportunities for women's health. Eating disorders has been incorporated into the first year curriculum as a result of the review of the first year curriculum.

◆ MCP Hahnemann University CoE

The Institute for Women's Health website (www.mcphu.edu/institutes/iwh) links all of the Institute's divisions and their individual web pages and the Centers of Excellence in one comprehensive website. The Community Outreach section contains a link to the OurHealth page. Here, there is evaluated information on women's health and wellness, and online health tips for women, with several bulletins about nutrition.

Recently, the Women's Health Education Program (WHEP) web site was dramatically expanded with educational resources in women's health and with numerous women's health web site links including those in nutrition.

The Institute on Women's Health regular faculty/staff meetings are organized around themes which allow for co-sponsorship with important new partners and encourage interdisciplinary approaches. One meeting was co-sponsored with Drexel's Department of Biomedical Technology, and featured information on nutrition and its role in clinical care. Potential research and clinical collaborations were discussed between this department and the Centers for Women's Health.

◆ University of Michigan Health System CoE

Seminars offered in the first year of medical school as part of the Introduction to the Patient include Principles of Nutrition and Adult Nutrition and Preventive Health.

◆ University of Pennsylvania CoE

The fundamentals of routine health maintenance through healthy lifestyle promotion including nutrition and exercise is included in the Radnor Resident Rotation, implemented by the late Dr. Michelle Battistini, former CoE Clinical Director. This rotation familiarizes residents with the approach, evaluation and management of issues commonly encountered in an ambulatory care setting devoted to the health care of women.

Working in close collaboration with Dr. Gail Morrison, the CoE is developing a novel distance learning program, educateMD.com and is the resource for the development of the women's health component. EducateMD.com provides quality information from leading physicians and researchers at the University of Pennsylvania School of Medicine, enabling physicians to conveniently keep up with advancements in their fields and provide customized, accredited medical education and information to physicians, healthcare professionals, and consumers seeking sophisticated health information. EducateMD.com has a separate section on nutrition, which is dedicated to educating consumers and health professionals about dietary and lifestyle habits to improve overall health and prevent disease.

Under the direction of Dr. Lisa Hark, a CoE affiliated faculty member, the University of Pennsylvania's Nutrition Education and Prevention Program's Year One Nutrition Spring Elective Seminar, Current Concepts in Nutrition and Health, includes six 3 hour classes. Topics include: Current Trends in Eating Disorders, Herbal and Nutritional Medicine, Calcium in Health and Disease, Developing Nutrition History Taking/Counseling Skills, Sports Nutrition, New Directions in Obesity Research and

Management. The course exposes students to a multidisciplinary team of physicians and nutritionists who demonstrate the application and relevance of nutrition in clinical medicine. Each session includes presentations and didactic demonstrations where students participate and obtain “hands-on” experience. Clinical cases and actual patients are used to demonstrate the material.

◆ Puerto Rico CoE

In March 1999, the CoE cosponsored a Women's Health Update Forum on nutrition, antioxidants and cancer prevention. The Forum was cosponsored by Wyeth Ayerst Pharmaceutical and the Menopause Information Center.

The School of Medicine has identified the need of incorporating a stronger component of nutrition at all levels of the MD program. An inventory of existing courses and their content was performed. At the Faculty Workshop a working group was formed to recommend ways in which to incorporate nutrition content at all levels. The working group's specific recommendations were presented in a report at the end of the meeting. The proposal is being evaluated by the curriculum committees and curriculum changes are targeted to be in place in academic year 2001-2002.

◆ Tulane and Xavier Universities CoE

TUXCOE sponsors a number of CME programs and Women's Research Seminars that focus on obesity, particularly how it impacts women's health as well as treatment options. In 2000, the center hosted a symposium that explored the current understanding of the pathophysiology of Type 1 and Type 2

diabetes as well as obesity. Specific topics presented by various TUXCOE faculty members included:

- “Introduction and Overview of the Problem of Diabetes,”
- “Pharmacological Treatment of Type 2 Diabetes and Diabetic Complications,”
- “Intensive Insulin/Insulin Pump,”
- “Diabetes and Cardiovascular Disease in Women,” and
- “Polycystic Ovaries and Growth Hormone Deficiency: Important Factors in Insulin Resistance and Cardiovascular Disease.”

◆ Wake Forest University CoE

The WHCOE is successfully integrating a women's health curriculum into the new medical school education, residency, and fellowship programs through interactive case study activities and lectures. Included are case studies and lectures on nutrition and obesity.

Nutrition is incorporated into the introductory clinical medicine course in the physicians assistant curriculum and is planned to be strengthen even more in the future.

The WHCOE developed a Women's Health Rotation in Internal Medicine, and it is available to one resident per month. This rotation includes clinical experience in gynecology, high-risk obstetrics, breast disorders, eating disorders, menopause, urinary incontinence, violence against women and family planning.

◆ University of Wisconsin CoE

A lecture on Obesity is included in the Women's Health Colloquium held monthly by the CoE. This past year, a Medical Grand Rounds was devoted to obesity.

Research

◆ University of California, San Francisco CoE

Dr. Gina Moreno-John's, Division of General Internal Medicine, chief medical interest is obesity, particularly in the Latino community. She is presently developing a research project on "Body Satisfaction Among Adolescent Girls." Dr. Moreno-John was one of the CoE's Junior Faculty Award recipients.

◆ Harvard Medical School CoE

Judy Ann Bigby, M.D., CoE Center Director, Clinical Director and Committee to Advance the Health of Minority Women Chair, is serving as co-investigator of a National Cancer Institute study seeking to assess the dietary choices of Black women aged 18-74 from Boston neighborhoods. Through a joint effort between the BWH and the Center for Health Promotion and Education at Memorial Hospital in Rhode Island, a cable TV program, "Sistertalk," will be broadcast to a total of 560 homes of Boston participants whose dietary and exercise habits will be monitored throughout the study. The show is hosted by a Black nutritionist and exercise physiologist and the script of the show is based on information from focus groups with over 150 Black women in Boston. Women who are randomized to participate in viewing the program receive 12 videotapes at the end of the project. In between shows, women are randomized to receive a phone call from a lay health educator from the community who

asks about the participant's progress with changing her habits, and gives her health advice. Preliminary results demonstrate that the women who view the program and receive follow up phone calls have been successful in changing their eating and exercise habits.

◆ University of Illinois at Chicago

One of the UIC CoE's target health issues is obesity and nutrition. The focus was identified with input from a community board that had representation from lay people in the UIC service area. An Obesity Research Roundtable was held in June 1999 to bring together UIC's women's health researchers and clinicians. The discussion focused on opportunities for collaboration of clinical services, research and education; expansion of the Wellness Model focusing on obesity and nutrition; and generation of ideas for multidisciplinary collaboration of research projects. Several proposals have been developed. Also the roundtable resulted in the development of clinical protocols for the management of the obesity clinic. A listserv has been organized to maintain contact between CoE administration and women's health researchers at UIC.

◆ Magee-Womens Hospital CoE

The Magee-Womancare Research Institute is part of the multidisciplinary approach to pre-eclampsia research. Dr. Thelma Patrick was awarded NIH Nursing funding for a walking intervention program to reduce the incidence of pre-eclampsia. The CoE's assistant director is a research nurse who will implement this cognitive behavioral intervention program to reduce the morbidity from heart disease associated with reoccurring pre-eclampsia.

◆ University of Michigan Health Systems CoE

Through the Complimentary and Alternative Medicine Research Center, a pilot cohort study of herbal weight loss products is currently underway to determine women's experiences with these specific products. Fifty overweight women, actively engaged in weight loss, and overweight according to the National Heart Lung and Blood Institute (NHLBI) guidelines (Body Mass Index over 25), from Southeastern Michigan will be recruited for this cohort study. Measurements and survey data will be analyzed quantitatively looking for change in physical parameters over time and associations with attitudes, experiences, and behaviors related to weight.

◆ University of Pennsylvania CoE

The University of Pennsylvania's Weight and Eating Disorders Program has been awarded a grant from the National Institutes of Health to study adolescent obesity. The program is enrolling teenagers ages 13-17 and their parents to join a free weight loss treatment study involving behavior modification and a weight loss medication.

Dr. Shiriki Kumanyika, Ph.D., M.P.H., an affiliated CoE faculty member, has a unique interdisciplinary background that integrates epidemiology, nutrition, aging, prevention, minority health, and women's health issues. The main themes in Dr. Kumanyika's research concern the role of nutritional factors in the primary and secondary prevention of chronic diseases, with a particular focus on sodium reduction, obesity, and related health problems such as hypertension and diabetes. Her most extensively acclaimed work relates to the epidemiology and management of obesity among black Americans. Her current activities include serving as a member of the Year 2000 U.S. Dietary Guidelines

Committee, Chair of the Council on Epidemiology and Prevention of the American Heart Association, Chair of the Prevention Working Group of the International Obesity Task Force, and a member of the NIH National Heart, Lung, and Blood Institute Advisory Council.

◆ University of Puerto Rico CoE

Six multidisciplinary projects are currently conducted in the new Multidisciplinary Clinic in AIDS Research, the first Women's Health Clinic dedicated to HIV infection research. Patients enrolled in the clinical studies benefit from access to research protocols that include detailed immunological and nutrition evaluations and education.

◆ Tulane and Xavier Universities CoE

In October 2000, TUXCOE was awarded the Trial of Activity for Adolescent Girls (TAAG), one of six US sites in a NIH-funded research study. The study seeks to increase opportunities for and participation in physical activity; the program began piloting in Spring 2001. The Louisiana TAAG site is led by Principal Investigator: Dr. Larry Webber, and Co-Investigator: Dr. Carolyn Johnson.

◆ Wake Forest University CoE

Two new large clinical trials, the Study of Health Outcomes of Weight Loss and Prevention of Cardiovascular Disease among Diabetics, have begun that will include collaborations with women's health researchers and the CoE.

The Research Program of the WHCOE holds a monthly Women's Health Seminar Series. This series covers a broad range of topics and is designed for health care professionals and

researchers from any discipline. Below is a list of topics that have been held related to nutrition, obesity and physical activity:

- Weight Control Issues for African American Women: Does Being Healthy Mean Being Thin?
- Soy and Breast Cancer Risk
- Clinical Manifestations of Eating Dysfunction
- Osteoporosis

◆ University of Washington CoE

The CoE has formed collaborative linkages with the UW Clinical Nutrition Research Unit (CNRU). The CNRU, which is funded by NIH, has been designed to promote and enhance interdisciplinary nutrition research and education at the UW. By providing a number of Core Facilities, the CNRU attempts to integrate and coordinate the abundant ongoing activities with the goals of fostering new interdisciplinary research collaborations, stimulating new research activities, improving nutrition education at multiple levels, and facilitating the nutritional management of patients. Five Core facilities are available for use by Affiliate Investigators, who are broadly dispersed throughout several Schools and numerous departments and divisions with the UW. The five cores are: laboratory, clinical research, body composition and energy expenditure, nutrient-gene, and administrative and enrichment.

◆ University of Wisconsin, Madison CoE

In addition to the CoE faculty, the CoE Advisory Committee includes several campus leaders in different areas of research, one of which is nutrition.

The Women's Health and Aging: Research and Leadership Training Grant funded by the NIH and directed by CoE Director

Molly Carnes and CoE Faculty Linda Schuler is currently supporting two post doctoral fellows whose research is in obesity. One is working with Dr. Richard Atkinson, Director of the Beers-Murphy Nutrition Center and one is working with Dale Schoeler. This work involves both basic, clinical, and translational work in obesity. Dr. Atkinson has been active in the field of obesity research for many years, studying both mechanisms of obesity in animal models as well as clinical trials of weight loss interventions. He operates a room calorimeter on the NIH funded General Clinical Research Center which enables the performance of highly sophisticated studies of 24 hour energy expenditure in both adults and children. He plans to study the effects of obesity surgery and drugs on energy expenditure. Other work is looking at the effects of conjugated linoleic acid on body composition. Because his animal work showed reduction of body fat by 27% to 79%, Dr. Atkinson is undertaking clinical trials of this agent in humans. Dr. Atkinson's laboratory is also involved in two major basic research projects related to obesity: elucidating the mechanisms of action of a human virus that produces obesity in animals and may produce obesity in humans, and the mechanisms of weight loss after intestinal surgery for obesity. This work is currently funded by two NIH grants.

Dr. Terry Young is PI and Dr. Carnes co-investigator on an NIH grant to investigate sleep and menopause. Obesity is a major risk factor for sleep apnea in aging women and this longitudinal epidemiological study of sleep in women in menopausal transition will enable the contribution of age, obesity, and menopause to sleep disordered breathing in women to be disentangled.

Leadership

◆ University of Pennsylvania CoE

The CoE has begun a Summer Intern Program with various colleges across the country and abroad to work on educational projects in women's health.

- Elizabeth Strauss from Pitzer College in California developed an assortment of educational materials for the Heart and Soul program for high school girls (see below for program description under Outreach). The materials collected, created, and written are culturally sensitive and specific for adolescent girls. Topics include health, wellness, nutrition, and exercise. The information will be used in conjunction with the low-impact aerobics classes. Ms. Strauss also helped in compiling a comprehensive listing of resources for African American women and girls.
- Lauren Kotch from Beloit College in Wisconsin developed an informational pamphlet for the “SMILE: Oral Health Information for Minority Women” Program. The pamphlet is geared towards African Americans and will be placed in women's health centers as well as distributed in churches and schools. The pamphlet includes tips on nutrition to keep teeth healthy and strong for a lifetime.

◆ Tulane and Xavier Universities CoE

Dr. Larry Webber, TUXCOE Data Management Director, and Dr. Carolyn Johnson, Outreach Core Director, have been involved in the NIH-funded Child and Adolescent Trial for Cardiovascular Health (CATCH) since its beginning in 1987. CATCH findings indicated sustained significant improvements in

knowledge, intentions, self-efficacy, usual behavior, and social reinforcement of healthy food choices, and intermittent improvements in social support and self-efficacy for physical activity for 3rd through 5th grade curricula and home-based extension activities, environmental modification such as cafeteria meals and physical education. A dissemination grant is being used to implement the CATCH materials used in schools in Avoyelles Parish, LA.

Dr. Karen Friday, Clinical Director of the CoE, is also trained as a nutritionist. As a dedicated women's health endocrinologist, she has taken the lead in overseeing the translation of nutritional messages into clinical practice.

◆ University of Wisconsin CoE

The Women's Health and Aging: Research and Leadership Training Grant directed by CoE Director Molly Carnes and CoE Faculty Linda Schuler is currently supporting two post doctoral fellows whose research is in obesity, Leah Whigham and Terri Gomez. In addition to excellence in their research discipline, this grant supports mentoring activities and career development guidance in women's health research.

Outreach

◆ Boston University CoE

In collaboration with the Community Relations Office of the Boston Medical Center, the Boston University CoE has organized health fairs that include healthy cooking demonstrations. Information is provided on the importance of lifestyle changes that will improve nutrition and increase physical activity. These topics are further emphasized as part of the comprehensive preventive services available at Boston Medical Center.

Boston University CoE collaborated with the Harvard University CoE to produce a Directory of Women's Health Resources available in Boston. Categories addressed in this directory include nutrition, eating disorders and obesity.

The BU CoE has produced patient education brochures on a number of health topics for use as handouts in the clinic and will be available from the CoE web site. Topics include: menopause and hormone replacement therapy, osteoporosis, depression, cervical cancer screening, smoking cessation, oral contraception, contraception after sexual intercourse, lower back pain, and violence against women. Brochures for osteoporosis and lower back pain provide recommendations for diet and nutrition and increasing physical activity. The BU CoE plans to complete the health topics in other languages, such as, Spanish, Hangeul and Haitian Creole.

◆ University of California, Los Angeles

The Iris Cantor-UCLA Women's Education and Resource Center (WERC) conducts an ongoing program of lectures and presentations. Topics include: "Festive Holiday Foods: A Cooking Demonstration," "Focus on Fiber," "Healthy Holiday Foods," "Muy Sabroso—Latin Cooking Demonstration," "Summertime Sensations: A Cooking Demonstration," and "Weight Management—Dueling Diets and What Works."

The WERC conducts an 8-session "Menopause Discussion Group." One session includes a lecture and questions and answers on nutrition for menopausal women.

CoE Faculty have made several presentations to employees at various worksites in the community. Topics included: "How to Form Healthy Eating Habits," The Holidays Are Over—Using

Good Nutrition to Undo the Calorie Damage,” and “Overweight and Obesity: The Medical Complications.”

The WERC continues sponsorship of customized software—including update and expansion of the program—to provide dietary and recipe information for women with a wide variety of illnesses and issues, including cancer, osteoporosis, asthma, migraine headaches, and lactose intolerance.

◆ University of California, San Francisco

The UCSF CoE’s program “Empower Yourself: An Interactive Class on Effective Strategies for Balanced Nutrition, Healthy Exercise, and Peace of Mind” focuses on educating women about the physical changes that happen to a woman’s body during menopause and the different treatments available. The class is built around the theoretical concept that the most appropriate and effective approach to such a complicated topic as eating and body image in women is with a multidisciplinary team of teachers: a nutritionist, an exercise trainer, and a psychiatrist. Topics covered in class include:

- “Case Study: Two Days in the Life of a Woman”
- “Nutrition and Health”
- “Healthy Exercise”
- “Eating Behavior and Eating Disorders”
- “Empowering Yourself with Resources”
- “Creating a Fitness and Nutrition Plan for Life”

The “Pre-pregnancy Planning Class” offered as part of the Great Expectations Pregnancy Program of the UCSF Women’s Health Resource Center explains why preconception care is beneficial for both mom and baby and explores lifestyle and medical considerations, nutrition, and exercise.

“Harmony and Health: The Promise of the New Millennium” was the theme for the 7th annual Women’s Health 2000 all-day symposium presented by the UCSF CoE, Mount Zion Health Fund and the Obstetrics and Gynecology Research and Education Foundation. One of the workshops included: “Controlling Your Weight: Do Diets Really Work?, The Joy of Soy, Designing a Fitness Plan for Life After 50.” The 8th Annual Conference included topics such as: “Yoga for Weight Management” and “Finding the Right Physical Activity for You at Any Age.”

The Cancer Resource Center of the UCSF Cancer Center supports wellness and the healing process by providing patients and their families with supportive care services and resources and physician referral, information related to cancer, and a library of books, audiotapes and videotapes. Nutritional counseling and workshops are offered free to anyone living with cancer, regardless of where they receive care.

The UCSF CoE co-sponsored “The First Annual Young Women’s Conference: Healthy Bodies, Healthy Lives...Young Women on the Rise,” With State Senator Jackie Speier’s office. The one day conference, attended by over 1,000 high school students, addresses issues facing young women today. Workshops included: “Learning to Love Your Body at Any Size” and “Feeling at Home in Your Body.”

“Embracing Menopause: Traditional and Alternative Approaches” is an annual educational conference of the UCSF Women’s Health Resource Center led by UCSF Doctors and Pharmacists. The day-long event focuses on educating women about the physical changes that happen to a woman’s body during menopause and the different treatments available. Topics include: “Alternative Options: Phytoestrogens, Common Herbs

and Dietary Supplements” and “Creating a Fitness and Nutrition Plan for Life.”

◆ Harvard Medical School CoE

Nutrition and exercise are important themes of the outreach programs for the CoE. For example in a program on diabetes prevention for women, participants received information about healthy eating as a preventative measure and exercise as an important method for managing weight. Participants received pedometers as an incentive to walk and understand more about how it helps burn calories. Nutrition is also an important component of the education session the CoE conducted with elementary school students. Exercise and nutrition tips and resources for weight management are prominent in the women's health diaries developed by the CoE Committee to Advance the Health of Minority Women.

The HMS CoE collaborated with the Boston University CoE to create a Directory of Women's Health Resources in Boston. Among the categories covered in this directory are eating disorders/obesity and nutrition.

HMS CoE committee members serve as presenters at the BWH Annual Women's Health Forum, “Mothers, Daughters, Sisters, Friends: Health Issues for Women of All Ages.” One of the topics addressed is nutrition.

The WELL (Women Enjoying Longer Lives) program is a unique preventive health care and public education program designed for socially disadvantaged women age 45-64 years of all ethnic and cultural backgrounds. Using lay health advisors, women are encouraged to go through screening programs and receive preventive health care at their local neighborhood health center.

Among the screenings provided is the assessment for the need for nutrition counseling.

◆ Indiana University CoE

Working with the Indiana University School of Informatics/New Media Program, Wishard Health Services and the Indiana CoE are creating an interactive game that will be housed on small “kiosks” (computers) in various waiting rooms around Wishard Hospital. The game is designed to educate people about healthy food choices and easy lifestyle changes that promote health and wellness for themselves and their families on a daily basis. At the end of the game, participants can enter their height and weight to learn their body mass index (BMI) ranking. A print-out with that ranking is then generated for that person to take to his/her physician.

The Indiana University CoE conducts many health fairs and community events at which nutrition and weight education materials, including food pyramids, BMI wheels, and heart healthy recipes, are provided.

◆ Magee-Womens Hospital CoE

Most of the Magee-Womens Hospital CoE education programs for families include nutrition information (i.e., healthy foods, bones, anorexia and bulimia are topics of the growing up puberty education programs for girls and boys) and the encouragement of physical activity. Several programs have a strong focus on nutrition /exercise. They include:

- The ***Maintaining Healthy Bones Education Series*** of five classes devotes one session to “Fortify Your Bone Health: Nutrition for Strong, Healthy Bones” and another to “Strengthen Your

Skeleton: Basic Postural and Weight Bearing Exercises". This program is usually offered twice a year but extra series are often added because of community interest.

- ***Winning by Losing*** is a trademarked interactive food and fitness program designed for better health. The professionally trained leaders help individuals set weekly weight loss goals and the participants form a support group. To promote access this program is offered to the community on site and at Womancare Centers in afternoon and evening sessions.
- Prenatal exercise has been an ongoing program at Magee-Womens Hospital for over 10 years. Five years ago the Mom and Baby Exercise program was initiated.

◆ MCP Hahnemann University CoE

The CoE has developed a set of peer-reviewed, user-friendly patient education materials on nutrition for use by clinicians and on the web site, including ***Recipe Modification***, ***How Do Your Food Habits Score?***, ***Folic Acid***, and ***Tricks to Make Healthy Eating Easier***. All 14 of the nutrition related pamphlets are featured at health fairs conducted in a variety of community locations.

◆ University of Michigan Health System CoE

Each year the Women's Health Program CoE offers the day-long community outreach event, Women's Health Day. The sessions focus on health and well-being and vary from year to year. The 2000 session offerings included "Becoming Physically Active: Start Where You Are," "Fresh Ideas for Fast Meals," and "Spirit and Movement."

The Women's Health Program CoE and the Adolescent Health Program collaborate to sponsor the ***On Your Own Program***. The

intention of this program is to send the message to high school seniors that their health and futures are important, by providing them with education and tools to deal with the challenges ahead. The high school seniors learn first-hand from those who have had similar experiences. One of the program topics is nutrition; identifying symptoms of eating disorders and how to find a healthy balance through nutrition, health, fitness and self-acceptance.

A community agency partner for the UM CoE is Fitting in Fitness for Life, which focuses on maintaining physical activity for life and prioritizing self-care. The UM CoE collaborates with this agency to offer four week sessions of fitness for women who do not like to exercise or have difficulty implementing fitness into their daily lives.

An area of focus at the UMHS community health satellite Health Education Resource Center is nutrition. The HERC has expanded service to all UMHS departments that see Ob-Gyn patients and offer Nutrition and Pregnancy classes and a series on Stress Management that includes nutrition and exercise.

The MFit Community Health Promotion Program, a collaborating department of the CoE, offers unique cooking classes (many sold out), teaching a variety of techniques for preparing high fit-low fat foods without compromising flavor. These classes taught by registered dietitians, culinary experts and guest chefs sharing their expertise, allow patients and the general public to discover an exciting new world of preparing food and readjusting their eating. These classes are fun and motivational for patients, their families, and a healthy learning experience for the community at large. In addition to the general community cooking class series, MFit has offered a low sodium cooking class

for Congestive Heart Failure patients and families and several Post-Treatment Breast Cancer cooking classes, in conjunction with the UM Comprehensive Cancer Center.

The MFit Supermarket Program helps guide shoppers to healthier choices in the grocery store. This program is located in stores throughout Michigan, Ohio, and Wisconsin. In a recently published article in the ***Journal of the American Dietetic Association***, the MFit Shelf Labeling Program shoppers in a predominantly minority community used the labeling program to select foods that contribute to heart healthy eating. Consumer purchases of higher fat food products during the intervention year are currently being evaluated.

The MFit staff has also authored two outstanding books: ***High Fit-Low Fat cookbook*** and ***High Fit-Low Fat Vegetarian cookbook***

The MFit Healthy Dining Program is making it easier for diners to make healthy food choices in 20 Washtenaw county restaurants. The MFit logo on menus guides diners to healthier choices. Participating restaurants vary from sandwich shops, to fine dining establishments, to corporate cafeterias.

The MFit Community Health Promotion Program staff organized and participated in the “10th Annual Taste of Health” with the American Heart Association. This yearly event is free to the public and offers cholesterol and blood pressure screenings, brief consultations with registered dietitians, question-and-answer sessions with U of MI physicians, nurses, and exercise physiologists. Delicious samples of Ann Arbor area’s best healthy fare is offered by several participating local establishments. Families can bring their children to ***The Kids Fun and Learning Zone*** and expose them early on to making their own healthy, easy recipes.

The Ann Arbor Ice Cube Fitness Center is a “medically based” facility staffed and managed by the UMHS, M-Fit Health Promotion Division. M-Fit at the Ice Cube is able to assist individuals with special needs or health concerns, and provide customized exercise programs for children, adults, and athletes.

◆ University of Pennsylvania CoE

Penn Health for Women and the CoE have developed “Breaking the Silence: Health Tip Cards Project” originally for the Helen Dickens Center of Women’s Health in the Gates Pavilion and serves an indigent community of West Philadelphia, predominately African American women. The first tip card, “Breaking the Silence—Women and Cardiovascular Disease,” included on the bottom is a perforated card with a heart healthy recipe on one side and available community resources on the other side. This program was developed under the leadership of JoAnn Binko, M.Ed., former CoE Program Coordinator, and the late Michelle Battistini, M.D., former CoE Clinical Director.

The CoE has partnered with the Philadelphia High School for Girls in a program called “Heart and Soul” to address the physical inactivity of their communities’ youth and the limited opportunities for inner-city girls to participate in sports/physical activities after school. The program’s goal is also to improve the physical and mental health, self-esteem, and leadership and cooperation skills. Weekly, throughout the academic school year, JoAnn Binko, M.Ed., held low-impact aerobics and wellness classes after school. The program will be coordinated and evaluated by the school principal, the head of the physical education department, and the school nurse. In addition, the girls will be able to have their progress monitored and recorded.

The CoE organized a holiday canned food drive in collaboration with Penn Volunteers in Public Service. The non-perishable food

drive for the holiday season provided food for the Metropolitan AIDS Neighborhood Nutrition Alliance (MANNA). MANNA is Philadelphia's first weekday meals delivery program exclusively for homebound persons with AIDS. The food drive was such a success that food items were also given to other Philadelphia agencies providing food to the hungry.

The West Philadelphia Walking Program: Walking for Wellness (WFW) is a collaboration between the CoE and the Philadelphia Black Women's Health Project. WFW is a health promotion, disease promotion, fitness self-help program that promotes well being through walking and talking about various aspects of a women's life. The goal of WFW is to increase physical activity of African American women and reduce the incidence of obesity and other related stressors including heart disease, hypertension, and certain cancers. Participants will be encouraged to walk as a group at pre-selected sites at a self-selected pace for at least 30 minutes, three times a week. Nutrition information is available at the mini-health seminars before the walk.

Dr. Debbie Driscoll, a CoE affiliated faculty member, conducts nutrition and healthy eating meetings with teens and/or concerned parents of teens. Dr. Driscoll presents the "College Bound? Staying Healthy at College" every year for high school juniors and seniors and their parents. Topics include: "Avoiding the 'Freshman 15,'" "Nutrition," and "Staying Healthy." She also writes a column for YM magazine on topics that include healthy nutrition and eating for teens.

◆ University of Puerto Rico CoE

The Educational Program "MujerEs," is a comprehensive educational program for both health professionals and consumers funded by Wyeth Ayerst Pharmaceutical. Included in the

programming for consumers is a Conference Hall on Wheels and an educational radio program. One of the topics aired on the radio program was “Women’s Nutrition is Health on the Table.” In the Conference Hall on Wheels a conference was held on “Nutrition for Women’s Health” in conjunction with the School of Public Health.

The CoE is cosponsoring the Adolescent Research and Education Project. Directed by the CoE Clinical Director, Dr. Josefina Romaguera, and conducted by Ob-Gyn residents, the project began in 1998 and will continue for three years to reduce risk taking behaviors in adolescents in public schools in 7-12th grades by educating them on the benefits of healthy lifestyles. The project is organized around teaching modules on nutrition, exercise, decisionmaking and negotiation skills, sexuality, drug and smoking prevention, sexually transmitted diseases and pregnancy prevention. The project is also sponsored by the Department of Ob-Gyn of the School of Medicine, the Puerto Rico Department of Education, the Puerto Rico Department of Health, and Wyeth-Ayerst Pharmaceutical.

To facilitate the dissemination of easily organized information on osteoporosis, the UPR CoE produced a brochure in collaboration with students from the Community Health Education Program of the College of Health Related Professions. The brochure explains the condition, its risk factors, prevention and diagnosis. Nutritional aspects are included. The brochure, originally in Spanish, has been translated into English and will be available on the CoE web page. This brochure was partially funded by the OWH Junior Faculty Outreach Project. Copies of the brochure are distributed at the CoE Conference Hall on Wheels where densitometry tests are performed free of charge.

Two students assigned to the CoE from the Health Education program at the College of Health Related Professions, performed a health education needs assessment of the CoE patients. Two education programs were developed: a ten week asthma program: “Helping you Control your Asthma,” and an 8 week perimenopause program: “Discovering the Way Towards a New Beginning: Women after 40.” Both educational programs meet every Tuesday. Nutrition is one of the topics covered in both educational programs. The program on asthma also includes a section on relaxation exercises.

◆ Tulane and Xavier Universities CoE

Dr. Carolyn Johnson, TUXCOE Outreach Core Director, served on the State of Louisiana Obesity Task Force from December, 1999, through March, 2001. She sat on two subcommittees, one reviewing medical education on obesity, and the other making recommendations for nutrition and physical activity in primary and secondary schools. These recommendation reports will be presented to the State Legislature.

Nutrition is one topic for which patient oriented health education brochures are available in all of the TUXCOE Women's Health Clinics.

◆ Wake Forest University CoE

The WHCOE has formed a community committee to help plan and implement Pick Your Path to Health events that began in January, 2001. Pick Your Path to Health is a year-long effort to get more women on a healthy path by addressing the disparities among women of different ethnic groups and providing workable health messages to all women. An internal planning meeting and several community organizing committee meetings have been

held. The committee is applying for funding to hold neighborhood walking groups in low-income neighborhoods in Winston-Salem to help women become physically active and has also worked with a local gym to hold an aerobics class specifically designed for overweight or obese women. Finally, the PYPTH committee will hold two seminars. “Real Talk for Real Women,” a nutrition seminar will be held with a dietitian, health educator and a woman to give her personal account of the role dieting has played in her life. The Committee will also hold “Body Confident: An Exercise Class for Real Women” at a local women’s only gym. This class is specifically designed for larger women who may find it difficult to join most exercise programs. Attendees learn how to modify exercises and routines so they can participate comfortably.

Undergraduate interns working with the CoE developed a soy cooking demonstration for the community.

Web Page: A directory of community resources has been developed to provide those who access the WHCOE web page a list of educational and community programs related to women’s health within Forsyth County and North Carolina. Fifty sites are listed with a program description and contact information. Sites related to nutrition, obesity and physical activity include: American Heart Association, American Heart Association’s Women’s Website, Department of Family and Community Medicine: In Control: Taking Charge of Your Diabetes, LaLeche League, and Weight Management Program.

The CoE Education and Clinical Committees created “Women’s Health Fact Sheets” that complement the Health Risk Assessment. Nutrition, Weight Management and Exercise are topics of the fact sheets.

A new initiative with the Forsyth County School System and the Downtown Middle School educates students and teachers on health issues. A registered dietitian presented “Nutrition on the Run” to over 75 elementary school teachers and gave them tips on healthy eating when one is in a hurry. The WHCOE works with the initiative to get women’s health topics on the agenda.

“The Doctor Behind the Camera, A Series on Medicine in Film,” a joint production by the North Carolina School of the Arts of Filmmaking and The Wake Forest University School of Medicine, is a mechanism to educate participants about health and disease through watching films on a specific medical topic. The WHCOE works with the production to get women’s health topics on the agenda. The topic is then discussed with WFUBMC clinicians and researchers. May’s film, “What’s Eating Gilbert Grape,” was focused on eating disorders.

A new lactation room opened within the Medical Center for breastfeeding mothers. The WHCOE purchased materials for the room, including books and pamphlets and a rocking chair so breastfeeding mothers can comfortably nurse their children at work. Locations for additional lactation rooms are currently being considered.

WHCOE utilizes the BestHealth Store, a store at a local mall where the community can access health information, for cooking demonstrations and community lectures. “Making Smart Dieting Decisions” was the topic of one lecture.

“Managing Menopause with Food,” a two-minute health story about soy, was produced by Ivanhoe Broadcast News in collaboration with the WHCOE. The story was broadcast at www.ivanhoe.com/cooking and distributed to more than 100 member stations of the Ivanhoe Broadcast Network. Part of the

segment included a registered dietitian demonstrating how to add soy to the diet.

◆ University of Washington CoE

The CoE's Osteoporosis Education Project features a web-based outreach format to improve access to information for health care providers serving high-risk minority communities and the underinsured in the Puget Sound region. Physician-and nurse educators, physical therapists, dietitians, and experts in adult education have been involved in the planning and execution of the project. Evidence-based, readable and culturally sensitive materials are being developed on nutrition and other lifestyle interventions, as well as medical therapies used in treatment and prevention of osteoporosis. The project web site is located at <http://www.osteoad.org>.

◆ University of Wisconsin CoE

The CoE has a collaborative partnership with the Witness Project as well as a local Parish nurse program. Obesity is an issue addressed by both of these programs.

***National Centers of Excellence in Women's Health
September 2001***

Boston University Medical Center, Boston, MA
Phone: 617-638-8035 Internet: www.bmc.org/coewh/

University of California at Los Angeles, Los Angeles, CA
Phone: 800-825-2631 Internet: womenshealth.med.ucla.edu

University of California, San Francisco, San Francisco, CA
Phone: 415-885-7273 Internet: itsa.ucsf.edu/~ucsfcoe/main.html

Harvard University, Boston, MA
Phone: 617-732-5759 Internet: www.hmcnet.harvard.edu/coe/

University of Illinois at Chicago, Chicago, IL
Phone: 312-413-1924 Internet: www.uic.edu/orgs/womenshealth/index.html

Indiana University School of Medicine, Indianapolis, IN
Phone: 317-274-2754 Internet: www.iupui.edu/~womenhlt/

Magee-Womens Hospital, Pittsburgh, PA
Phone: 412-641-6416 Internet: www.magee.edu/cewh2.htm

MCP Hahnemann University, Philadelphia, PA
Phone: 215-842-7041 Internet: <http://www.mcphu.edu/institutes/iwh>

University of Michigan Health Systems, Ann Arbor, MI
Phone: 734-764-8123 Internet: www.med.umich.edu/whp

University of Pennsylvania, PA
Phone: 215-573-3569 Internet: www.obgyn.upenn.edu/cewh/

University of Puerto Rico, San Juan, PR
Phone: 787-753-0090 Internet: www.rcm.upr.edu/2klwhc

Tulane and Xavier Universities of Louisiana, New Orleans, LA
Phone: 877-588-5100 Internet: www.tulane.edu/~tuxcoe/NewWebsite/index.htm

Wake Forest University Baptist Medical Center, Winston-Salem, NC
Phone: 336-713-4220 Internet: www.bgsm.edu/women

University of Washington, Seattle, Seattle, WA
Phone: 206-598-8986 Internet: depts.washington.edu/uwcoe/

University of Wisconsin-Madison, Madison, WI
Phone: 608-267-5566 Internet: www.womenshealth.wisc.edu/

***Office on Women's Health
U.S. Department of Health and Human Services
CoE Pamphlet Series Staff***

Susan Clark, Project Officer and Director, Division of Program Management

Barbara James, Program Analyst

Anna Kindermann, Public Health Analyst

Carol Krause, Director, Division of Communications

Sandi Lowery, Program Analyst

Eileen Newman, Program Analyst

Princess Thompson, Administrative Assistant



For more information contact:

Office on Women's Health
U.S. Department of Health and Human Services
200 Independence Avenue, SW, Room 712E
Washington, D.C. 20201
phone: (202) 690-7650
fax: (202) 401-4005

